

*BEST FOODS TO STOCK  
UP ON FOR SLEEP*

# GROCERY SHOPPING GUIDE

## DAIRY-RICH FOODS

CONTAINS TRYPTOPHAN, VITAMIN D & CALCIUM, WHICH HELP TO PRODUCE MELATONIN

MILK  
YOGURT  
CHEESE  
COTTAGE CHEESE

## PROTEIN-RICH FOODS

GREAT SOURCE OF TRYPTOPHAN TO PRODUCE SEROTONIN AND MELATONIN

TURKEY      BEAN DIPS  
EGGS        TOFU  
CHICK PEAS   EDAMAME  
HUMMUS

## FATTY FISH

CONTAINS OMEGA-3S & VITAMIN D THAT HELP REDUCE INFLAMMATION & WHILE BOOSTING SEROTONIN

SALMON (fillets, canned, packets)  
TUNA (fillets, canned, packets)  
TROUT

## NUTS & SEEDS

CONTAINS HIGH LEVELS OF MELATONIN AND TRYPTOPHAN

WALNUTS      CHIA SEEDS  
ALMONDS      PUMPKIN SEEDS  
FLAXSEEDS

## FRUITS

CONTAINS HIGH LEVELS OF MELATONIN, TRYPTOPHAN & MAGNESIUM, WHICH CAUSES MUSCLES TO RELAX & INFLAMMATION BUSTING ANTIOXIDANTS

KIWI              ORANGE  
BANANAS      TART CHERRY JUICE  
PINEAPPLE

## LEAFY GREENS

CONTAIN TRYPTOPHAN, MELATONIN & SEDATIVE PROPERTIES WHILE ALSO FIGHTING INFLAMMATION

MIXED GREENS  
LETTUCE  
KALE  
SPINACH

## STARCHY CARBS

HIGH-GLYCEMIC CARBS HELP UNLOCK TRYPTOPHAN AND BRING ON SLEEPINESS QUICKER

WHITE RICE      BREAD  
OATMEAL        CRACKERS  
RICE OR CORN BASED CEREAL  
(avoid high sugar)

## PANTRY STAPLES

KEEPING THESE ITEMS ON HAND CAN HELP INDUCE SLEEP

CHAMOMILE TEA  
(relaxes nerves and mildsedative)  
HONEY  
(helps unlock tryptophan to produce sleep hormones)